

CURTAIN RISES ON
FILM FEST
ENTRIES FLOOD
FIRST-EVER EVENT (page 2)



CRASH
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 $DISH_{\text{\{page 15\}}}$ 

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Tuesday, August 17, 2010 www.metronews.ca



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# HIV-positive pop star admits to unprotected sex

OGerman singer is a member of pop group No Angels and a former TV talent show winner OSays she kept her illness a secret for fear it would damage her career



A German singer facing accusations that she infected a man with the virus that causes AIDS has acknowledged in court yesterday that she had unprotected sex despite knowing she was HIV-positive.

Nadja Benaissa, 28, a member of girl band No Angels, is charged with grievous bodily harm for allegedly infecting a partner with the virus in 2004 and also faces charges of attempted bodily harm for having unprotected sex with two others

ing unprotected sex with two others.
"I am sorry from my heart," she said in
a statement read by her lawyer to the
court on yesterday. "No way did I want my

partner to be infected."

The man who claims Benaissa infected him says they had a three-month relationship at the beginning of 2004, and that he got tested after Benaissa's aunt asked him in 2007 whether he knew the singer was HIV-positive. THE ASSOCIATED PRESS

Health

#### M guide to good living

Seven gym bag essentials for guys ◆ How to keep your knees pain-free {pages 16-17}

# The divorce diaries

Why do failed marriages make for such popular reads? Authors weigh in {page 19}



### At war at the dinner table

Carnivores and vegans, dieters and gourmands — here's how to feed everybody {page 18}

# Chemical brothers, and sisters, and grandparents

Most Canadians have bisphenol A in their bodies: Study {page 4}



# news

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\$50.000 fee meant massive profit for smugglers behind ship of Tamil migrants. Video <u>at</u> metronews.ca/ canada





# Cancon floods city's film fest

Ottawa International Film Festival grew out of Ottawa Boxcart Film Festival Organizers already planning to make new fest an annual event





One of the biggest hurdles organizers faced in mounting this weekend's debut Ottawa International Film Festival turned out to be dealing with an unexpected flood of entries.

"If we had known that we would get this much of a response, I would have booked the theatre for two days just for Canadian consaid executive director Nina Bains. "We now

have so much content that we can't show this year but we plan on showing next year because they deserve the spotlight."

Thirty local, national and international films will be screened during this weekend's festival, which includes a music video challenge and showcase of the top 10 Canadian shorts from the 2009 Toronto International Film Festival.

The Ottawa International Film Festival opens with a launch party at Founda-

#### Nina's picks

**Executive director Nina** Bains fingered five films not to miss at the OIFF:

- Première Lucidité Passagere, by Ottawa film producer Marie-Hélène Panisset, premières at the OIFF.
- Film fest winner Nuit Blanche, winner of last

tion restaurant. Screenings start Friday and continue

- week's LG Film Festival in Toronto.
- Short Cardboard Knight, a short film by Raham Fodrek.
- **Animation** Sita Sings the Blues, written, directed and animated single-handedly by Nina Paley.
- Feature Crossing Nirvana, a feature-length film by Marie Lemay and Martin Forcier.

through Sunday at the Mayfair Theatre.

### Limited mayoral debates set for Sept.

Back-to-back mayoral debates are scheduled for mid-September, but both will have very limited panels.
Only Jim Watson, Alex

Cullen and Larry O'Brien will attend a Sept. 12 debate on youth and social media, presented by local arts and culture blog Apt613.ca and the Institute On Governance, set for the National Arts Centre's Fourth Stage.

Clive Doucet was invited but could not attend, said organizer François Levesque

Charlie Taylor, one of the 10 candidates left out, said the snub makes it so much harder for lesser known candidates to gain name recognition.

Several mayoral candidates may skip the Sept. 13 debate at city hall, since it is doubling as a fundraiser for the Ottawa Taxpayers Advocacy Group. People interested in attending have to pay \$10 a day in advance.

Alex Čullen will not attend. Jim Watson is still working on scheduling. Clive Doucet was not aware that it was a fundraiser but is slated to appear. Larry O'Brien, Stan Pioro, Robin Lawrence, Jane Scharf and Mike Maguire have confirmed.

OTAG has also invited random council candidates to speak prior to the mayoral debate, said spokesperson Ade Olumide. • TIM WIECLAWSKI

candidates registered to run for all council seats including the mavor's chair.

to fundraising for OTAG, mayoral candidate Charlie

Taylor will take part 📗

in the Sept. 13 debate



unique opportunity to use her hands-on experience in law enforcement and dealing with crime victims

### **Opportunity in role: O'Sullivan**

"For me, it's a chance for my work to come full circle and help those who are most affected by crime — the victims."

PAST OTTAWA DEPUTY POLICE CHIEF SUE O'SULLIVAN ON HER NEW JOB



After nearly 30 years as an Ottawa police officer, Sue O'Sullivan started her job as Canada's new Federal Ombudsman for Victims of Crime, yester-

day.
O'Sullivan began with the Ottawa Police Service in 1981 and became the city's first female deputy post. In her new role, O'Sullivan said she welcomed the

to make a difference for all Canadians.

TIM WIECLAWSKI

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## Roundabout construction gets underway

Project expected to be completed in November



Construction started yesterday on a roundabout at the intersection of St. Joseph and Jeanne D'Arc Boulevard in Orleans.

"It's going to help with the safety of the street, it's going to help make it more appealing to people and greener in the sense that you're not going to be sitting there idling through a traffic cycle, idling said Anita MacDonald, ex-

The number of collisions that occurred at the intersection of St. Joseph and Jeanne D'Arc **Boulevard from 2005** to 2008.

ecutive director of the Heart of Orleans BIA.

The improvements are funded with a \$2.5-million contribution under Canada's Economic Action Plan.

MacDonald said residents can expect at least one lane of traffic to be open in each direction as work progresses, in con-trast to the lengthy street closures which recently afflicted areas like Bank and Preston

The BIA has mounted a campaign to let people know business continues as usual in the area, including a "Shop Around, Stick Around and Win," contest, offering shoppers a chance to win \$2,000 in shopping sprees at area businesses.

FALLOUT

#### Sewer system endures heavv

The weekend's thunderstorms and heavy rains temporarily knocked out power to homes in Beacon Hill and played havoc with outdoor events like the Ottawa

Folk festival, but the sewer system weathered the storm reasonably well, according to city officials.

As of yesterday evening, city staff received 18 calls related to backups in basements at 17 addresses scattered across the city.

A portion of Dunrobin Road near Constance Bay was closed Sunday after it was submerged, but there was no other reports of major flooding. o steve collins

#### No charges in tot death

No charges will be laid in the drowning death of a toddler at a daycare in Orleans, police said yesterday.

At around 10:20 a.m. on July 28, two-year-old Jérémie Audette was pulled from a backvard pool on Rougemount Drive. Paramedics rushed him to the Children's Hospital of Eastern Ontario, but he was later pronounced

TIM WIECLAWSKI



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# The chemicals inside us

**○** Study finds most Canadians have some bisphenol A in bodies **○** 88% have mercury concentrations

It's found in soft plastic bottles and in the linings of tin cans — and probably in you, too.

Most Canadians have low levels of a chemical called bisphenol A in their bodies, a new federal study has found.

The Canadian Health Measures Survey, released Monday by Statistics Canada, says 91 per cent of Canadians aged six to 79 had bisphenol A in their urine.

The study, conducted between 2007 and 2009, analyzed blood and urine samples for indicators of more than 80 environmental contaminants and chemical substances.

Researchers also found the amount of lead in Canadians' blood has fallen dramatically since they were last measured 30 years ago, while most blood tests turned up detectable levels of mercury.

of mercury.

This is the first time bisphenol A concentrations have been measured nationally. The chemical has been used in water bottles, canned food linings and

#### Teens

The Canadian study found concentrations of BPA in urine were higher for children aged six to 11 than they were for adults aged 40 to 79. The study found the highest concentrations in teens.

- ▶ The federal government has already taken action to forbid the sale in Canada of polycarbonate plastic baby bottles that contain bisphenol A. Many retailers had already pulled plastic water and baby bottles from their shelves before the government announced the ban in 2008.
- Although everyone tested positive for lead, fewer than one per cent had concentrations at or above the intervention level of 10 micrograms per decilitre of blood.

hundreds of other household items. Some scientists believe exposure to bisphenol A can harm the reproductive and nervous systems and possibly promote cancers. They point to dozens of animal studies, though the negative effects have not been recorded in human studies.

One expert said he wasn't overly worried by the findings. "I don't think we should alarm the public that there's a huge problem there. I don't think there is," said Dr. John Giesy, a professor at the University of Saskatchewan and the Canada Research Chair in Environmental Toxicology.

"But, at the same time, all chemicals can be toxic. We know lead and mercury do cause effects at small levels, and we should always be prudent and we should always be vigilant."

always be vigilant."

"Lower household income, being born outside Canada, living in a dwelling at least 50 years old, current or former smoking, and drinking alcohol at least once a week were associated with higher (lead levels)," said the study.

THE CANADIAN PRESS



#### Protesters object to highway plan

Activists protested the cutting down of a forest for highway construction in a Moscow suburb. The number 67 written on the demonstrator's forehead allegedly shows the percentage of Moscovites who oppose the clearing plan.

# Afghan couple stoned to death for adultery

Taliban militants stoned a young couple to death for adultery after they ran away from their families in northern Afghanistan, officials said yesterday.

Amnesty International said it was the first confirmed stoning in Afghanistan since the fall of Taliban rule in the 2001 U.S.-led invasion.

The Taliban-ordered killing comes at a time when international rights groups have raised worries that attempts to negotiate with the Taliban to bring peace to Afghanistan could mean a step backward for human rights in the country.

This weekend's stoning appeared to arise from an affair between a married

"It is against all human rights and conventions ... There was no court. It was cruel." KUNDUZ PROVINCE SPOKEMAN MABUBULIAH SAYEDI

man and a single woman in Kunduz province's Dasht-e-Archi district.

The woman, Sadiqa, was 20 years old and engaged to another man, said the Kunduz provincial police chief, Gen. Abdul Raza Yaqoubi.

Her lover, 28-year-old Qayum, left his wife to run away with her, and the two had holed up in a friend's house five days ago, said district government head Mohammad Ayub Aqyar. They were discovered by Taliban operatives Sunday and stoned to death in front a crowd of about 150 men, Agyar said.

First the woman was brought out and stoned, then the man a half an hour later, Aqyar said. He decried the punish-

He decried the punishment, which he said was ordered by two local Taliban commanders.

The ancient practice of death by stoning has been abandoned in all but a handful of countries. It is still a legal punishment in some countries, like Iran, which justify it under shariah, or Islamic law, although human rights activists say the Qur'an never specifically prescribed stoning for adultery. THE ASSOCIATED PRESS

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#### **Tighter scrutiny of oil drilling**

The Obama administration announced yesterday it is requiring environmental reviews for all new deepwater oil drilling.

That means an end, at least for now, to the kind of exemptions that allowed BP to drill its blown-out well in the Gulf of Mexico with little scrutiny. The announcement came in response to a

report by the White House Council on Environmental Quality, which found that decades-old data provided the basis for exempting BP's drilling permits from any extensive review.

any extensive review.

Shallow-water drilling will also be subjected to stricter environmental scrutiny under the new policy. THE ASSOCIATED PRESS

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Millions of gallons of oil estimated to have been spilled into the Gulf of Mexico from the Deepwater Horizon rig between April and July metronews.ca
Tuesday, August 17, 2010

#### **News in brief**



#### One dies in plane crash

crash. A Boeing 737 jetliner carrying 131 people crashed in a thunderstorm and broke apart as it slid onto the runway on a Caribbean island yesterday. The region's governor said it was a miracle that only one person died.

Colombian Air Force
Col. David Barrero said officials were investigating reports the plane had been hit by lightning before crashing at 1:49 a.m. local time on San Andres Island, a resort area of 78,000 people about 120 miles east of the Nicaraguan coast. He said other possible causes

were being probed as well.

THE ASSOCIATED PRESS

#### **Lightning hits** religious school

sudan's state news agency says lightning has struck a religious school in the country's western Darfur region, killing seven children. The report quoted a local official as saying the children, between the ages of 10 and 13, were attending a Quranic school in the remote village of Sarguilla in southern Darfur. The building was of simple construction and had a thatched roof. THE ASSOCIATED PRESS

#### Dem blasts mosque plan

POLITICS. The U.S. Senate's top Democrat, Harry Reid, yesterday came out against plans to build a mosque near the site of the Sept. 11 terrorist attacks, moving away from U.S. President Barack Obama.

THE ASSOCIATED PRESS

# Food shortage possible, says UN



#### • People protested lack of aid by blocking a major highway in Sindh

For generations, the Indus River was a lifeline. Now it has turned destroyer, ripping up rice, wheat and sugar cane crops and leaving behind bloated corpses of cows and goats.

When the floodwaters recede, millions of farmers who used the Indus to irrigate their crops — and propel Pakistan's economy — face an uncertain future.

The United Nations warns that unless farmers in hard-hit Punjab and Sindh provinces manage to plant their winter crop of wheat in mid-September as normal, there might be food shortages in the region and the nation as a whole.

In the north, where the

25 kms
The Indus River stretches one kilometre wide during a normal monsoon season. Now, it is 25 kilometres wide.

floods began nearly three weeks ago, fruit farmers are also hurting.

Last year, cherries, peaches and apricots in the Swat Valley rotted on the trees because of an army operation against Taliban militants. This year, roads and bridges have been washed away so crops cannot be carried to the rest of the country.

the rest of the country.

About one-fifth of the country has been affected.

THE ASSOCIATED PRESS

# Canada Day not much of a party for the environment



Canada's yearly birthday bash on Parliament Hill isn't much of a party for the environment.

The National Capital Commission, which hosts the event, says 439 tonnes of carbon dioxide were emitted during last year's Canada Day celebration.

That's about the same amount of carbon emitted by 80 cars over an entire year, or about what 1,500 coniferous trees can absorb over their lifetime.

It's the first time the NCC has measured Canada Day's carbon footprint.

The agency says it encouraged revellers to take their bicycles to Parliament Hill this year to cut down on carbon.

It's now studying how much carbon is emitted to stage Winterlude and to 80

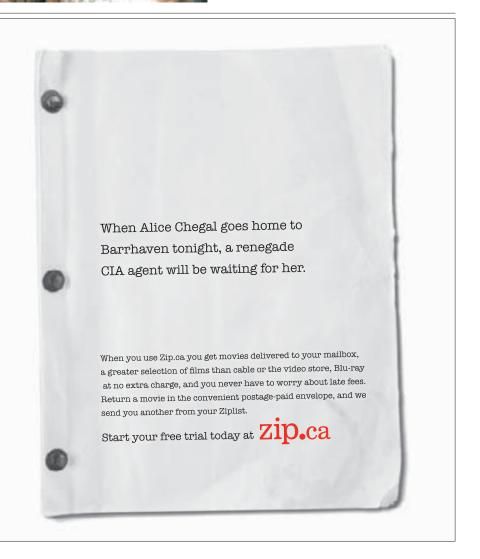
The National Capital Commission says 439 tonnes of carbon dioxide were emitted during last year's July 1 celebrations. That's the equivalent emission of 80 cars over the span of one year.

open the Rideau Canal to skaters.

The analysis also found that more than 90 per cent of all waste from the world's longest skating rink could have been diverted through recycling or composting.

The NCC released its 2009-10 environmental report Monday.

THE CANADIAN PRESS



# HST blamed for housing slowdown

Sales peaked in 2009 on pent-up demand from the recession

Ultra-low interest rates helped

Canadian homes sales activity last month was down 30 per cent from a year earlier — a decline driven largely by a widely expected slowdown following the introduction of a new tax regime in the once-hot markets of B.C. and Ontario.

The Canadian Real Estate Association says the decline was almost entirely the result of fewer sales in British Columbia and Ontario, where the harmonized sales tax was implemented July 1, prompting many wouldbe buyers to push sales forward into the first half of the year.

THE CANADIAN PRESS

#### **Home sales**

- British Columbia had the biggest dropoff at 14.1 per cent, followed by Ontario with an eight per cent decline. Sales in the Prairies and Quebec were on par with June levels.
- ➤ The Canadian Real Estate Association says the pace of decline was slower than in May and June — which followed an extremely busy period early this year.
- CREA says the average price of homes sold through the MLS was \$330,351, up one per cent from a year ago.



China destroys fakes

Chinese business administration officers destroyed Louis Vuitton handbags during a mass elimination of counterfeit Louis Vuitton products in southwest China's Chongqing city yesterday.

#### China overtakes Japan as No. 2 GDP

Japan lost its place as the world's No. 2 economy to China in the second quarter as receding global growth sapped momentum and stunted a shaky recovery.

Japan's gross domestic product grew at an annualized rate of just 0.4 per cent, the government said yesterday, far below the 4.4 per cent expansion in the first quarter. Japan's nominal GDP,

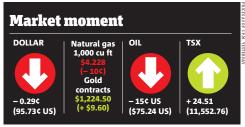
seasonal variations, was worth \$1.286 trillion in the April-to-June quarter compared with \$1.335 trillion for China. The figures underscore China's emergence as an economic power. THE ASSOCIATED PRESS

which isn't adjusted for



"Japan is the canary in the gold mine because it depends very much on demand in Asia and China, and this demand is cooling quite a bit."

MARTIN SCHULZ, ECONOMIST, FUJITSU RESEARCH INSTITUTE, IN TOKYO



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#### TRENDY TURN-OFFS: A FASHION FIGHT



The other day, I found myself standing in my closet with a serious case of nothing-to-wear syndrome.

fter I had spent half an hour rummaging through an enormous pile of clothes, I eventually decided to throw on an old standby summer dress. I emerged from the closet in a fun, flirty (and maybe most importantly, forgiving) frock only to be met with unappreciative groans from my boyfriend who had been patiently waiting while I had my wardrobe-related melt-

"Couldn't you wear something a little tighter?" he asked, eyeing my flowy, empire waist garment. "That looks a lit-

Apparently, my testosteronefuelled roommate is not a fan of

comfort over curves. I decided to keep the dress on regardless; this was hardly the first time we had feuded over fashion.

Our most memorable clash was our war of words over the siren-red lipstick. I say sexy bombshell, he says un-kissable harlot. It seems most men do not appreciate puckering up to someone with an intensely pigmented mouth.

Why do men and women have such vastly different opinions on

our favourite items of clothing? I have to assume that guys don't really care about the clothes

"Why do men

and women have

such vastly

different

opinions on our

favourite items

of clothing? I

have to assume

that guys don't

really care about

the clothes

themselves."

themselves: they're more concerned with how we look in them. Figure trumps fashion, and so the trends that we find en vogue are often given a thumbs down by the men in our

Looking back, we've all made some style fauxpas at one point or another. In the '90s, my middleschool self had a

bad perm and an even more heinous collection of French

I guess I've always taken an experimental approach to fashion. This year alone I've dabbled in bold shoulder pads, floral hair bands, faux fur vests, clogs, pas-tel blue nail polish — hell, I even own a pair of jeggings. But more often than not these looks are met with an eyebrow raise from a partner who doesn't seem to appreciate my penchant for

achingly trendy items. So what fashion fad do men hate the most? UGGs. Yes, according to a recent study (and by that I mean an informal poll of my male friends and coworkers) these ubiquitously frumpy boots top the tragic trend list.

Sorry guys, but as long as there are mid-February snowstorms and icy sidewalks, you'll find us stomping through the slush in our hideously practical footwear.

Cartoon



### Helmets great, laws aren't

More bikes, less pollution



#### Letters

OTTAWA. I am all in favour of using helmets when biking. They protect your noggin and are a good platform for bright reflective stickers.

But if a law discourages healthy activity, even casual cycling for errands and other trips, the gain in safety from accidents is less than the unhealthy ef-

fects of inactivity. Studies in Nova Scotia and Australia and other places have recorded significant and large decreases in cycling when helmets were made mandatory for adults. In Europe, few cyclists wear helmets, but their injury and fatality rate is much

less than North America where a greater proportion wear helmets.

The more cyclists there are, the lower the accident rate is, so discouraging cycling actually increases the danger to the remaining cyclists. When helmet laws were introduced in Nova Scotia, there were fewer cy clists and a greater proportion wearing helmets

but just as many injured cyclists.

More cycling also means less air pollution and less wear and tear on the roads.

The biggest safety benefit of helmet laws is largely for kids.

I think the greatest danger comes from less cycling, not legislating bicycle helmets for adults. TOM TROTTIER

What's your favourite dessert? **Email** ottawaletters @metronews.ca

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#### **Metro Minute with** a run at the farm

Head on over to the Central Experimental Farm at around 6:30 p.m. to cheer on more than 500 runners taking part in the 29th annual Xerox 10 km Run to benefit the Ottawa Region-

al Cancer Foundation.
Runners in the three-kilometre and 10-kilometre races will be doing laps around the gently rolling fields of the farm, so there

will be plenty of opportunity to see the race.

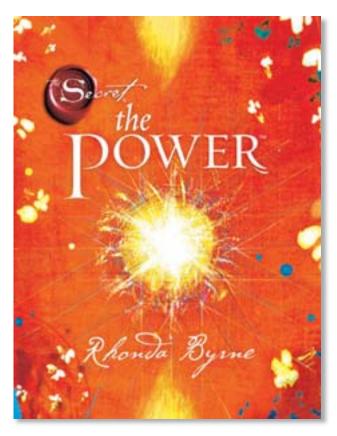
Better yet, for only \$35 you can still register for the race on site until 6:15 p.m. That may take a little longer than a minute, but it is for a good cause.

The start and finish for

both races is about 250 metres south of the intersection of Morningside and Cow lanes. • METRO OTTAW



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#### **News in brief**



The first crop of Emmy presenters have been announced. and they represent some of the most popular and most nomi-nated TV shows of the year. Nominees Matthew Morrison, January Jones, along with The Office creator Ricky Gervais will appear at the Aug. 29 ceremony. THE ASSOCIATED PRESS





# Hennessy gets back to her musical roots

#### • Many of the songs inspired by her unsettled family life across Canada



Twenty years ago Jill Hennessy, the popular Canadian actress, best known for her work in Law and Order and Crossing Jordan, used to earn her keep by standing outside a Queen Street club in Toronto, strumming a guitar and singing for spare change.

At the time, Hennessy hadn't really thought of acting. An audition for the Broadway musical, The

Buddy Holly Story, would eventually get her to New York and an enviable career as an actress.

Back then, her life centred around music and just getting the rent paid. During the past few years — freed from the distractions of a hit TV show — Hennessy has been able to refocus her talents on music. The result is her debut album, Ghost in my Head.

Hennessy, 41, laughs when reminded of her busking career back in the early '90s: "Outside the Rivoli was where I used to play guitar for money. It will be such a luxury to actually play inside for money for the very first time."

Hennessy was born in Edmonton, but raised in several different cities in Canada as her family followed her salesman father from job to job — Calgary, then White Rock and Cranbrook in B.C., Burlington, Kitchener and Waterloo in Ontario. At the age of 18, she found herself living by herself in downtown Toronto and took to the

streets.

Through the influence of her parents' record collection, Hennessy's musical tastes were formed listening to the songs of Joni Mitchell, James Taylor and Gordon Lightfoot. Her new album follows that '70s singer-songwriter tradition.

"They're songs that a lot of people can relate to," Hennessy says in an interview with Metro. "These are the images that have been haunting me for a very long time so I did find them necessary to put down."

#### Canadian double threats

Beside Jill Hennessy there have been several other Canadian crossover actors/musicians. Here are some of the other noteable ones:

#### **Alanis Morissette:**

The Jagged Little Pill singer from Ottawa had the honour of playing God in Kevin Smith's Dogma and is a regular on Weeds.

**Hugh Dillon:** The lead singer of the '90s rock band the Headstones is now the star of Flashpoint and Durham County.

**Drake**: One of the hottest music stars in the world got his start playing Jimmy Brooks on Degrassi: The Next Generation.

**Chris Jericho**: The Winnipeg WWE star has recorded five CDs as singer for metal band Fozzy.

**Alan Doyle:** The Great Big Sea singer played Allan A'Dayle in Russell Crowe's recent Robin Hood.

Avril Lavigne: The punk princess of punk supplied the voice of Penny the Possum in Beyond the Hedge. Her possum dad was Star Trek's William Shatner.

William Shatner: In 1968, Capt. Kirk released the LP The Transformed Man with ridiculous spoken word versions of Lucy in the Sky with Diamonds and Hey, Mr. Tambourine Man.





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BIACK§

# Fiction's ultimate drama queen

▶ Philippa Gregory continues her bestselling streak with The Red Queen



From Anne Boleyn to Princess Di, our obsession with the private lives of royal women has spanned centuries.

Historical novelist Philippa Gregory not only understands our fascination, she benefits from it greatly. With her quick turn-around and an education in history and 18th century literature, Gregory has launched a hugely profitable writing career based on fictionalizing the lives of the monarchy.

She tackled Anne Boleyn in The Other Boleyn Girl, Katherine of Aragon in The Constant Princess, and now, after her bestselling novels on the Tudor dynasty, Gregory is focusing on The Cousins' War series with 2009's The White Queen and the just-released The Red Queen.

"In the period I'm writing about, royalty and those around them regarded themselves as higher than ordinary humans," says Gregory. "It's the same reason we love them today—they are fabulously dramatic and glamorous."

The Red Queen presents the life of Margaret Beau-

#### Crowded crowns

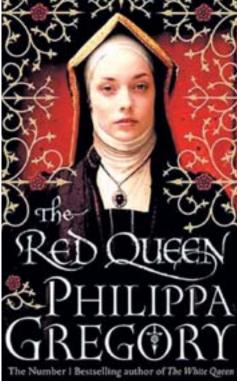
The queen of royal fiction

 Gregory is certainly at the top of her game (The Red



seen the release of For a Queen's Love: The Stories of the Royal Wives of Phillip II (A Novel of the Tudors), The Three Crowns: The Story of William and Mary, Captive Queen: A Novel of Eleanor of Aquitaine and dozens more, but Gregory is diplomatic about her competition: "[Historical fiction] is having a real renaissance and I've been a part of that. That's been really interesting to see."

fort, a woman who plotted, schemed and used marriage to secure the throne for her son. But how does a stuffy British queen who died over 500 years ago have as sensational a life as



depicted in The Red Queen? "Oh, easy," Gregory responds. "She's a woman of immense personal confidence and incredible determination"

And that's just one

woman — Gregory has centuries of backstabbing royals to cover.

"English history is very long," she laughs. "I'm going to die before I run out of queens to write about." WRIGHT ANSWER

#### Director happy with Pilgrim haul

Scott Pilgrim vs. the World director Edgar Wright says he's happy with the film's opening weekend gross

weekend gross.

The comedy-action flick starring Michael Cera opened in fifth place with US\$10.5 million in ticket sales.

Wright took to Twitter yesterday to counter the notion that the film's gross was a disappointment.

"For the record, am



pretty damn happy to have a Top 5 movie and a Top 5 album in the U.S.," Wright wrote. "Never had either before."

The relatively underwhelming box office take came despite an overwhelming amount of online discussion devoted to the film.

THE ASSOCIATED PRESS

#### Bieber exacts tweet revenge

Detroit teen Kevin Kristopik learned a valuable lesson this weekend: don't mess with Justin Bieber.

Kristopik apparently did something to upset the Canadian pop singer, who then used Twitter to exact his revenge.

In a tweet posted at 10:47 p.m. Saturday, which was deleted soon after, Bieber sent out a phone number that he claimed was his and invited his 4.5 million followers to call or text him.

And call and text they did.

But Bieber actually posted Kristopik's cellphone number and the hapless teen soon found his



iPhone rendered useless as it was bombarded by Bieber fans.

In a video posted to YouTube, his phone can be seen getting a steady stream of calls and texts. He told the Detroit Free Press he'd received an estimated 26,000 text messages.

By Monday afternoon, Bieber had not commented about the incident on Twitter.

The nature of Bieber and Kristopik's relationship is not known.

THE ASSOCIATED PRESS



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#### **DVD Releases this week**

#### Buy it 🕮 🕮 | Rent it 🕮 🕮 | Borrow it 🕮 🖷 | Yawn 🕮 | Don't bother 🕮

### Gunless off target

Gunless Genre: Action Director: William Phillips Stars: Paul Gross

The pistol is primed, but the gunpowder is damp. Actor Paul Gross (TV's

Actor Paul Gross (TV's Due South) and writer/director William Phillips (Foolproof), brainy guys both, pass up an opportunity to really have at crossborder cultural traits. They only mildly spoof the American love of guns and the Canadian abhorrence of them.

Gunless is more sitcom than scathing, playing like something that could have been called Corner Gas 1882.

That's the year, as the story goes, that U.S. gunslinger The Montana Kid (Gross) arrives in Barclay's Brush (pop. 29), a hamlet in the "Dominion of Canada."

On the run from bounty hunters (led by Gross's old Due South pal Callum Keith Rennie), he's barely made it across the border,



strapped to his trusty steed and carrying unwanted lead in his hide.

When a local blacksmith (Tyler Mane) offers assistance, he's greeted with a Colt .45 in his face and the demand of a sundown shootout. The Kid adheres to the Code of the West, which in his interpretation of it means shooting anybody that so much as looks as you sideways.

A rapturous farmer (Sienna Guillory) scowls, pointing to the very Canadian disinclination of Barclay's Brush inhabitants to carry handguns. She possesses the only pistol in town, and it's broken.

Why aim for the brain when the funny bone is easier to reach?

easier to reach?
Still, Gunless does have
its heady moments. They
include a sublime soundtrack by Blue Rodeo
stalwart Greg Keelor and
evocative lensing by cinematographer Gregory Middleton.

Extras include several featurettes. • Peter Howell



In a good and generous world, Rob Stefaniuk's hilariously frightful rock 'n' roll vampire satire would have been given a big Halloween theatrical splash after its fine TIFF hello last year. Instead, Suck has been a-moldering in the crypt until now, when it bypasses cinema for a stealth release on DVD.

It's The Rocky Horror Show meets This Is Spinal Tap, a musical comedy collision that's been waiting to happen. Writer/director Stefaniuk (Phil the Alien) stars as the leader of a toothless Canuck band, the Winners, that suddenly finds its fangs.

Jessica Paré plays the adventurous bassist who makes blood lust sexy. The road to hell — and Buffalo — turns crimson as the Winners rocket to the top of the charts and the bottom of the gene pool.

Watch for devil-saluting turns by rockers including Alice Cooper, Iggy Pop and and Alex Lifeson.

O PETER HOWELL



Me and Orson Welles Genre: Drama

Director: Richard Linklater Stars: Zac Efron, Christian McKay

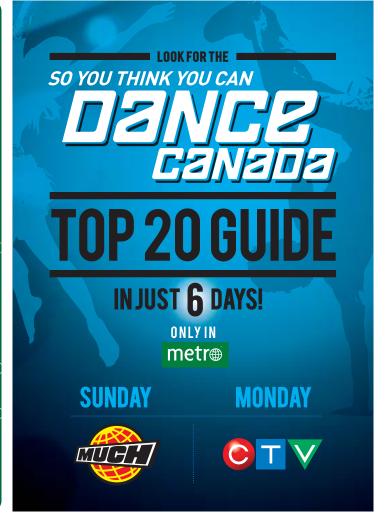
Never has a "me" seemed more superfluous in a title than it does in Me and Orson Welles. The "me" refers to Zac Efron, who is looking to break out of his High School Musical box with a more dramatic role. He doesn't succeed, but the other half of the title and the entire movie belongs to Christian McKay, an

unknown Briton who renders unto Welles what the showbiz giant truly deserves.

Director Richard Linklater's instincts are spot-on in the casting of McKay, who is not only a ringer for Welles, but also a fabulous interpreter of his baritone bossiness.

The actor elevates the so-so script with mirthful depiction of Welles as a man of such outrageous narcissism. Extras include featurettes and cast interviews. © PETER HOWELL





### Glee-fully awaiting Season 2

**○** Glee creator Ryan Murphy isn't shy when it comes to spilling details about the series' second season — which airs on Global in September





REPORTING FROM TCA PRESS TOUR

#### ▶ Big-name musicians are still clamoring to have their music on the show

"I got a mix tape from Paul Mc-Cartney a couple weeks ago," Murphy admitted. "I thought I was being punked. It was ... two CDs and it said, 'Hi, Ryan. I hope you would consider some of these songs for Glee,' and then it said 'Paul.' It had these huge songs [on it]. I know that he is ... a fan of the show and just admires and loves that it's about art education. We are going to do something with him."

#### Don't expect Glee: The College Years anytime soon

"We've sort of mapped out the first four years with our original cast," Murphy said. "But I think, you know, we have an obligation to be true to the high school experience. I don't want to do a thing where we wake up and Episode 5 is five years in the future and they're all living in the same condo complex."

▶ But there's room for original

#### music in Season 2, too

"We are going to have an original-music episode," Murphy said. "The assignment will be for the [actors] to write their own music. And we're talking to some great songwriters.

#### ▶ Britney Spears gets a tribute episode

"We're going to do the Britney Spears [tribute episode] in a very unusual way," Murphy teased. "My favorite thing about the Britney Spears thing is [star] Matt Morrison was asked if we were doing it, and he said, 'Oh, I hope not.' So the entire episode is him saying 'No, we're not doing Britney Spears."

#### ► Sue Sylvester may be heading to a bookstore near you

"We're going to have Jane Lynch's character, Sue Sylvester, write her own autobiography," Murphy explained, referencing tie-ins to the series. "Then [we'll have] Jane on the show as Sue talk about, 'My book's almost finished,' and then hopefully go out on a little bit of book tour and sign as Sue Sylvester."

#### TV picks

#### White Collar vour PVR

DRAMA. On White Collar, Neal confronts an old rival and an old challenge: creating a tricky forgery of a bottle of wine that once belonged to Ben Franklin. But as is often the case on this breezy procedural – a cable hit in the U.S. that Canucks are still catching up to – things might not always

be as they seem. (A Channel)

#### America's Got Ratings?

WILDCARD. Seven days after 10-year-old Jackie Evancho's stunning performance of Giacomo Puccini's aria O Mio Babbino Caro, it's wildcard week on America's Got Talent. That means 12 previously eliminated acts will get a second chance at a spot in the semifinals. (Citytv, NBC) THE CANADIAN PRESS

# Stars to shine at Lightbox

David Cronenberg, Isabella Rossellini and Peter Bogdanovich are among the cinematic luminaries set to visit the new home of the Toronto International Film Festival this fall.

The five-storey Bell Lightbox is due to open next month during this year's edition of the festival.

It'll be the permanent, year-round home of the

fest and will host screenings and exhibits as well as house office space.

The celeb speakers are coming to town to chat about some of the titles on the festival's list of one hundred most influential films.

This year's edition of the Toronto International Film Festival runs Sept. 9 to 19.

THE CANADIAN PRESS



metr@dish metronews.ca TUESDAY, AUGUST 17, 2010

# Car wreck that is Gibson's life becomes literal

- ♠ Embattled actor crashes his expensive Maserati into a Malibu hillside
- Police claim Gibson unhurt, alcohol not suspected to be a factor

jured after crashing his sports car into a Malibu hillside, the California Highway Patrol said.

Gibson's 2008 Maserati careened off southbound Malibu Canyon Road on Sunday evening, agency said. the

Alan Nierob said in an email the actor-director was doing fine.

The 54-year-old Acade-

my Award winner was alone in the car. Authorities do not suspect alcohol was involved.

Gibson co-operated with the agency and was picked up from the scene by a friend. The CHP did not release any further de-tails, and it was unclear how much damage Gibson's car sustained.

It's been a rough couple of months for Gibson, who is locked in a bitter custody dispute over his infant daughter with Russian singer Oksana Grigorieva. He also remained under investigation by the Los Angeles County Sheriff's Department for an alleged assault on Grigorieva earlier this year, although he has not been arrested and no charges have been filed.

Grigorieva, 40, is also under investigation after Gibson accused her of attempting to extort him. She has denied the allega-

THE ASSOCIATED PRESS





# interrupted

Lindsay Lohan's life in rehab isn't exactly an easy one, as sources tell TMZ nurses at the UCLA Medical Center facility are going hard on her to show they aren't playing favorites. The actress stays in a windowless room and watches TV through a pane of glass — and she's not allowed to change the channel herself. Says a source, who describes Lohan's stay as "full-on Girl, Interrupted treatment' Lohan, meanwhile, has reThe number rehab stays Lindsay's mother. Dina Lohan. would admit to Matt Lauer during their televised interview on Friday. The actual number is somewhere closer to four.

portedly taken to mentoring some of her fellow pawriting tients, inspirational notes and giving advice to younger women

**Talking points** 

Jane's marriage

NEXT!. After separating

year, Patricia Arquette

and Hung star Thomas

divorce, according to People magazine. "The

split is completely ami-

Jane's rep tells the mag-

cable and their prime focus is their daughter,"

and reconciling last

Jane are getting a

Hung, over

METRO WORLD NEWS

#### **Celebrity tweets**



**Dolly** Parton [@Dolly Parton] Some of my

dreams are so big they would scare you!



Jamie Oliver [@jamie\_ oliver] love

ly day in England, it's so beautiful in summer in this country



Spencer Pratt [Aspencerpratt] is

thinking about you. No not vou. YOU!





#### Katy's drunken performance ROLE MODEL. YOU'RE DO-

ING IT WRONG. Katy Perry gave a group of Australian teens a thrill when she crashed a high school dance at a Melbourne hotel. attracted by the DJ playing her hit California Gurls, according to Radar Online. Perry reportedly grabbed a microphone and started singing along. "She appeared slightly drunk and was stumbling a little," a student tells the website. "She was dancing and laughing with students until the end of the song when she was subtly whisked away by her security guards." • metro world

#### Doogie's new role to involve diapers, cribs

Neil Patrick Harris and his partner, David Burtka, will become parents of twins this fall.

A representative for Harris confirmed in an email yesterday that Harris made the announcement

in a posting on Twitter. The 37-year-old actor says he and Burtka are "su-

excited/nervous/thrilled." He did not say whether they were adopting or using a surrogate.

Harris posted the message on Saturday. He stars in the CBS sitcom How I Met Your Mother.

THE ASSOCIATED PRESS



#### Side Dish

- Two months after his divorce from Sandra Bullock was finalized, Jesse James may be moving on. The Monster Garage star was spotted sharing a cozy dinner with LA Ink star Kat Von D. according to People magazine.
- Jennifer Aniston has 2 Jennier Amster..... replied to Bill O'Reilly's assertions that she's "destructive to society," according to People magazine. "Of course, many women dream of finding Prince Charming with fatherly instincts, but for those who've not yet found their Bill O'Reilly. I'm just alad science has provided a few other options," she said. METRO WORLD NEWS



#### **Need to know**



Organ donors: A new poll suggests that most Canadians strongly support both organ and tissue donation for transplantation, but many are confused about how to consent to be donors themselves. Find out more at organdonation.ca



Offspring of sperm donors in the U.S. are seeking changes so they can find their fathers more easily





Used to be, a guy could hit the gym with nothing more than an old pair of Keds, a ratty T-shirt and a can of Axe.

The pared-down aesthetic is timeless for guys, but even unmetrosexual men can benefit from a few gym-bag perks.

A little too enthusiastic with the deadlifts? Get some heat on those aching muscles with IR Watkins liniment (\$11.99, Shoppers Drug Mart) containing camphor and capsicum, which calm pain by muting the "screams" of your poor, stressed nerve endings.

Body Shop De-Deodorant oDrv Stick in Cool & (\$8, The Body Shop), uses natural volcanic mineral to absorb water and

keep you dry for 24 hours. As a bonus, it's crisp and clean, not like those generic, industry-standard scents that all smell like teenage all body spray.

separate shampoo and body wash? That's not going to happen — too

many bottles. Gillette Gentle Clean Shampoo and Body Wash 2-in-1 (\$6, drugstores) gives you clean hair and a clean body. Simple.

Stash these miniature deodorizers (Sneaker Balls \$6, Sport Chek) in the bottom of your gym bag or slip them into

your shoes after workout.

The tiny soccer balls will keep bad smells at bay long after your World Cup-sized workout is over.

Buy a Bodylogix product and you'll also receive a

PIN code for online access to trainers and nutrition istswho'll create customized workout

and diet plans to meet vour goals. Bodylogix Thermogenesis capsules (\$30, exclusive

Shoppers Drug Mart) accelerate fat-burning to help you get the most out of your workout.

Literally space-age technology, the

fabric for the Tilley Outlast T-shirt (\$49, tilley.com) was designed by NASA to stay cool when you heat up.

And, conversely, keep you warm when cool.

Time your cir cuits through

weight stations with this rugged Swatch Mister Chrono (\$135, swatch.com for

stores) with a timing feature, easy-to-read dials and a rugged rubber strap.

# Avoid knee pains before they strike

#### ◆ Youth facing problem with their own osteo-arthritic symptoms

More and more young Canadians are experiencing osteo-arthritic symptoms, according to recent studies.

While exercise is a good way to prevent osteoarthritis (OA), it appears that young people who play too hard, or exercise without protecting their joints, can end up with joint pain that used to be more common among their parents or grandparents.

A 2009 study found that people engaged in high levels of physical activity sustained more severe knee injuries, including such damage as fluid buildup and torn cartilage and ligaments. Tennis, sking and skateboarding can

be hard on the knees. Hockey can lead to hip, knee and wrist damage. These types of injury can dramatically increase likelihood of developing osteoarthritis (OA).

Another factor behind OA in young people is obesity. Excess weight puts strain on joints and increases one's risk of injury from even simple day-today activities.

Glucosamine sulfate, chondroitin sulfate and MSM are among the most popular natural supplements used for joint care and repair, according to Dr. Joyce Johnson, consumer education specialist at WN Pharmaceuticals.



#### Inflammation

Here is a list of what prevents inflammation and a list of the things that can cause inflammation in joints. Joint inflammation can eventually lead to arthritis.

Prevents inflammation &

arthritis:
Apple cider vinegar
Molasses
Fatty Fish like salmon
(omega-3s)
Walnuts, flax seeds and
flax seed oil
Olive oil
Tart Cherries
Berries and antioxidant
fruits
Turmeric, cayenne pepper,

Turmeric, cayenne pepp rosemary Kale, chard, cucumbers Onion

Increases inflammation
Dairy products
Refined sugar, honey, corn
syrup
Corn, corn oil
Coffee, carbonated drinks
Beef/red meats
Trans fats/saturated fats
Wheat products, gluten
Egg yolks
Alcohol

Processed meats

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#### ALL CHILDREN ARE SPECIAL: BUT SOME DO HAVE SPECIAL NEEDS

There is no more demanding a job than being a parent. It is truly the only job that has you on call 24 hours, 7 days a week. Every day presents new challenges that may leave you wondering how you can overcome.

But the beauty of new challenges is that they bring new rewards. And though challenging, raising children is also the most rewarding of jobs!

Working toward **getting your child** to adulthood with healthy teeth can certainly be a challenge. Teaching them to brush and floss when they are young can take a great deal of patience. But at least you have some control over the foods that they eat!

When they become teenagers, they may know how to brush and floss. Whether you can get them to actually put down the video remote and have them do it is another question. Of course, they also have to set aside that sugary soft drink at the same time!

And these are just the challenges of raising your average child. **Imagine the added challenge of raising a child with special needs.** 

The concept of "special needs" is quite broad. There are the obvious cases where children are unlikely to ever be able to care for themselves due to severe physical or cognitive development issues In such cases, full time care, including



Dr. Peter Georgopoulous Dental Surgeon

attention to oral health, is likely to be necessary for the lifetime of the child.

Other situations may not be so obvious. In fact, the child sitting across from you in the waiting room of your dentist's office may be a special needs child. And you might have no idea!

Children with special needs often

require special dental care. For example, consider the case of a child with ADD or ADHD. The world is full of highly successful, very public individuals who have overcome the challenges of ADD or ADHD to have very successful careers as entrepreneurs, athletes, or just about anything.

But getting them to adulthood can take a bit more patience than the average

child, including more patience with their oral care. Some of them may find it difficult to sit still for the full length of a dental appointment. You may actually have to consider breaking up your child's appointments into smaller, more manageable segments to get your child through the process.

Children with ADHD or certain food allergies may tend to be underweight. Sometimes they are directed to consume drinks high in carbohydrates. **These drinks can demineralize the teeth** and increase the susceptibility to cavities.

Some conditions may require specific medications. If the child is having trouble swallowing the medication in pill form, sugary liquid versions are often available. If given before bedtime, these sugars can pool around the teeth and gums, leading to decay.

We are not advocating against using these medications. Just remember, the oral health of special needs children is important. Make sure you discuss his/her oral health care, including any dietary issues or medications, with your dentist.

Because all children are truly special... and doing our best to raise healthy, happy children is a healthy habit...and healthy habits lead to healthy lives.

Dr. Peter Georgopoulous - Dental Surgeon

# How to cater to everyone

#### What happens when a carnivore and a vegan come to dinner?



It's pretty typical these days to have a mixed crowd at your dinner party with many different tastes and needs. But fear not, you can still throw a fabulous, down-home dinner party to please everyone.

"The idea is to have a menu that is diverse enough to appeal to all parties," says Corbin Tomaszeski, co-host of Dinner Party Wars, which premieres Sept. 1 at 9 p.m. on the Food Network Canada. For hosting your own dinner party, he suggests starting with old-time favourites such as pasta, rice or classic Italian risotto dishes and adding meat or fish for the

For vegetarians, try bean cassoulet or vegetable ragout, suggests Tomaszes-

ki, who is also the executive chef at Toronto's fashionable Holts Café (Holt Renfrew). Keep it fresh for everyone — including those who are dieting or cleansing - with soups and stews, salads, and chopped vegetables. Avoid shellfish and nuts, so that those with allergies can share the fare. "The trick is to prepare a dish without reinventing it but that can be modular for all guests with dietary restrictions or allergies."

Even the simple, one-pot wonder can work at a din-ner party. "Right now there's a huge trend of people cooking easy, classic dishes that go back to the roots of cooking and are reminiscent of comfort foods that we grew up with," says Tomaszeski. "Cook foods you're familiar with; take the ordinary and make it extraordinary.

#### **Ingredients:**

- 2 whole raw rapini cut into 1-inch pieces
- 4 raw green beans —
- sliced in half lengthwise 4 raw purple beans –
- sliced in half lengthwise
- 4 raw yellow beans sliced in half lengthwise
- 6 yellow tear drop
- tomatoes halved • 6 red cherry tomatoes —
- halved • ½ clove garlic minced
- 1 cup quinoa cooked
- Salt and Pepper to taste
- 4-6 tbsp.roasted-tomato

"Preparing and eating food should spark a memory. If it doesn't, it should

make one.' You can serve your dinner party family-style without sacrificing quality. It's all in the presentation. "Use big, lovely platters or terrines. Or bowls that sit on the table and get passed around," suggests Tomaszeski.

If you want to take a

(la **cité** collégiale)

Le Collège des meilleures pratiques

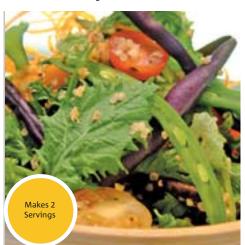
vinaigrette

• 2 cups whole arugula leaves

#### **Roasted Tomato** Vinaigrette:

- 8 halves of roasted plum tomato — skinned and seeded
- 1 garlic clove minced
- 1 tsp. Dijon mustard1-2 tsp. balsamic vinegar
- 1-2 tsp. red wine vinegar
- ¼ cup extra virgin olive oil
- salt and pepper to taste
- Combine all ingredients in a blender and purée until
- smooth. Pass through a sieve and chill until use.

break from your own dinner party triumphs and disasters, tune into Dinner Party Wars. Each show features three couples over three nights of competition to see which one is best at setting the table, choosing the menu, cooking, leading the conversation and keeping the kitchen on track. Co-host Anthea Turner provides hosting Do's and Don'ts.



#### For the vegan...

This quinoa salad is perfect to be served to vegan and health conscious eaters.

Gently toss all ingredients together in a medium sized bowl. Line a large platter with whole leaves

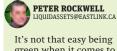
of your favourite lettuce. Place the mixed quinoa salad on the lined platter and garnish with fresh basil cress.

Serve immediately and enjoy.



**Liquid Assets** 

#### It's not easy being an organic wine



green when it comes to organic wines. As a winemaker you not only have to be committed to meeting some pretty strict guidelines to become a certified organic producer; you then have to convince consumers that you're not short-changing them when it comes to flavour.

While I've sipped my fair share of organic wines that tasted like licking a manure pile; the quality and selection of organic juice available today has never been better. In fact, with most I'd bet you'd never even know you were drinking a wine that was made without chemical intervention in the vineyard.

Bonterra Vineyards in California's Mendocino County has been making wine with organically grown grapes since the early 1990s. Its 2008 Chardonnay (\$18.95 -\$21.36) is all about bright citrusy flavours with just a touch of oak,



# SPARKS FLY AT REUNION DINNER



#### How We Met: Malisa & Tommy

Names: Malisa, 25, and Tommy, 27

Hometown: Toronto Together since: 2005

#### Their story:

"Tommy and I (Malisa) first met at a restaurant near our schools in 1998; I was 13 and he was 15. We both happened to order the same lunch at the same

"We laughed it off and started chatting. There were some sparks at the time, and we dated for a bit, but we both agreed we were too young for anything serious, so we drifted apart. Seven years later, in March 2005, we went out for a casual dinner and those sparks started flying again! We moved in together just a few weeks later, and have been inseparable ever since.

"Tommy came back into my life at the perfect time, as my mother passed away to cancer shortly thereafter in July of that year. It was definitely a difficult time for me. We both realized how much we've been through together, and we could not imagine our lives without each other.

"In 2008, Tommy proposed with my mother's engagement ring, which she'd given him before her passing. We're happier than ever and are so excited about our wedding in summer 2012!"

FOR MORE HOW WE MET STORIES, GO TO 2FORCOUPLES.COM

# Divorce, dish, sell

• The popular divorce memoir Eat, Pray, Love has plenty of company

Maybe you were inspired by Elizabeth Gilbert's post-divorce mission to find herself (and, incidentally, a hot new boyfriend) in Eat, Pray, Love, her 2006 memoir chronicling her "search for everything across Italy, India and Indonesia." Maybe it turned you into a spiteful, hungry atheist. Doesn't matter: Not only did her book sell millions of copies, but its film adaptation opens this Friday starring none other than Julia Roberts.

Why do we want to know, and why do they want to tell? We hit up other divorce memoir writers — there were, maybe not surprisingly, plenty to choose from — for answers.

MONICA WEYMOUTH



#### Every story is different

Stacy Morrison
decided to
write
Falling
Apart in
One Piece
after being
surrounded by women at cocktail
parties who were
curious about her
divorce — and it wasn't
exactly a simple story to
tell. "The goal was to say
'Here's what it looks
like," she says.

"I think it's funny, and more than a little f—ed up, that we always think there's a rat bastard."

#### Most people need practical advice

Although Jessica Bram calls Gilbert an "amazing writer," it didn't resonate with her experi-

ence as a mother of three who had long been out of the dating pool and work. Her book, Happily Ever After Divorce: Notes of a Joyful Journey speaks to those who don't have a year to go on vacation. "Most people have more things to worry about," she says. "This is the book I wish I had when I was going

#### It's good for a couple of laughs

through my divorce.

For Sascha Rothchild, finding the humor in her divorce helped her and also led to her book, How to Get Divorced by 30.

Universal scooped up the film rights and she's happy to show the more lighthearted side of what

of what plenty of couples go through: "You don't have to go find yourself in Italy," she says. "In the '40s and '50s, there were all these fantastic, funny divorce movies: His Girl Friday, The Awful Truth. It's weird — now it has to be this sad, horrible thing."





#### **INVEST RESPON**

investment choices can make a difference. South African Apartheid, an unethical system of legal racial segregation, was dismantled in the 1990s in part because socially responsible outside vestors, companies and pension funds, divested their financial interests in the country until political changes were made.

Socially responsible investing (SRI) encompasses the protection of people, health, environment, and human rights. Typically it means avoiding investing in companies involved in things like environmental degradation, endangering public health and well-being and human rights abus-

Socially responsible fund managers, for example, avoid businesses involved in tobacco, alcohol, gambling and the development of weaponry. "Green' investing focuses on environmental protection.

If you're interested in SRI, examine your values and use one of following three approaches: Divest your interests out of an unethical situation: screen out certain investments and avoid including them in your portfolio altogether; and/or become a shareholder activist to produce change through advocacy shareholder voting rights. Professional money managers will employ similar strategies on your beand you management fees. Check socialinvestment.ca for more info.

### Security questions got you stumped?

If you rely on your memory for online or phone financial access, you might soon be caught on hold with a call centre

#### ON MONEY

ALISON GRIFFITHS MONEY@METRONEWS.CA



I'm a big fan keeping things sim-ple but it isn't easy in this compli-

cated financial world. A typical family has multiple credit cards, debit cards, loans, investment accounts (RRSP, RESP, TF-SA, RRIF) and often non-registered accounts as

Add to that a raft of bills from utilities to cell phones and it's a staggering number of client IDs, PINs and passwords to remember.

A few years ago, when I logged on to my bank ac-



count from my husband's computer, I was asked a series of security questions "for my own protection." I've had the account for years and for the life of me I couldn't remember the answers to the questions I'd posed way back when. three incorrect answers I was shut out.

A vast number of my financial activities are controlled that through account and I was paralyzed for two days, during which I hoped the bank computer would simply 'forget" I'd already struck out. No such luck. Finally, I summoned the fortitude to enter the dreaded call centre queue.

#### **Interest rates/ Savings accounts** BANK BMO 1.250% CIBC 0.70% 1.50% PCF 1.10% 1.0%

2.0%

Fortunately, I had recorded my telephone pin on what I call a Financial Bomb Shelter spreadsheet of my cyber and telephone life. Lesson learned. I went back into each account and recorded all my security ques-tions on the spreadsheet. My system is handy in

case of disaster or something as mundane as a memory lapse. And while we're exhorted not to commit things like passwords, PINs and ID numbers to paper, I defy the average working Joe or Jill to remember every single cyber code in their lives.

Keep your Financial Bomb Shelter safe and it will keep you safe.



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NFL turf battle begins as \$1.6B stadium opens

Quarterback Eli Manning suffered a big gash to the left side of his temple and was forced to leave the New York Giants' game against the New York Jets last night. Manning left the field at

the New Meadowlands Stadium with a towel held to the left side of his head to limit the bleeding. He was accompanied by two Giants trainers. Though last night's game was a pre-season affair,

the Jets and Giants were playing the first NFL football game at the \$1.6-bil-lion US stadium that is co-owned by the NFL teams and is the most expensive stadium in the COUNTRY. THE ASSOCIATED PRESS

# Canada's top player suffers early exit

• Local favourite Aleksandra Wozniak falls in first round at Rogers Cup • Failed to capitalize on her opponent's erratic serve

Jie Zheng.

The Rogers Cup has lost its top-ranked Canadian as lo-cal favourite Aleksandra Wozniak of Blainville, Que., fell in straight sets 6-3, 6-2 to Timea Bacsinszky of Switzerland in front of a strong centre-court crowd at Uniprix Stadium last

night.
"It was such a wonderful atmosphere out there, it's sad to lose here in Montreal in front of all your fans who have been supporting me since I was little," Wozniak said. "You always want to

#### **Doubles results**

Marie-Eve Pelletier of Repentigny, Que., and Toronto's Sharon Fichman fell 6-3, 7-5 to the team of Daniela Hantuchova and

bring as many wins for them as you can."

It was the first time Wozniak, ranked 53rd in the world, had faced the 49th ranked Bacsinszky in her career.

There was some ques-

Caroline Wozniacki. Heidi El Tabakh of Oakville, Ont., and Vancouver's Rebecca Marino also dropped their first round match 6-2. 6-1 to Yung-Jan Chan and

tion as to whether Wozniak would be able to play in Montreal as she has battled tendinitis in her right forearm, and she was wearing tape on the damaged forearm during yesterday evening's match.

Bacsinszky's serve was extremely erratic with a first serve percentage of only 39 per cent, but Wozniak was unable to take advantage and ultimately fell in the first round of her home tournament for a second straight year.

began the Wozniak match well with three service winners and an ace in the opening game, but her game began to go downhill when Bacsinszky broke her serve to go ahead 2-1 in the first set. THE CANADIAN PRESS



#### K-Rod out for rest of the season

Mets closer Francisco Rodriguez has a torn thumb ligament in his pitching hand sustained during a fight with his girlfriend's father at Citi Field and will need surgery that will sideline him for the rest of the

The Mets announced

the injury before last night's game against the Houston Astros

The 28-year-old reliever was arrested following the fight and charged with third-degree assault and second-degree harassment. He is due back in court Sept. 14. THE ASSOCIATED PRESS

#### **Bash Bro** returns

Jose Canseco has signed a contract with an independent minor-league team in south Texas. The 46-year-old Canseco, a central figure in baseball's steroid era, was introduced yesterday as a member of the Laredo Broncos — a club in the United Baseball League. THE ASSOCIATED PRESS

#### **Medal rush for Canada at Games**

Canada is on the board at the Youth Olympic Games after winning five medals in a span of 45 minutes yesterday.

Swimmer Rachel Nicol of Lethbridge, Alta., and wrestler Dori Yeats of Montreal each won gold while swimmer Jeremy Bagshaw

of Victoria, fencer Alexandre Lyssov of Richmond Hill, Ont., and taekwondo athlete Melanie Phan of Port Coquitlam, B.C., all captured bronze medals.

Canada was shut out of the medals on its first day of competition Sunday.

THE CANADIAN PRESS













Quoted



"It's not like I'm 41 or even 35. I just turned 31. No one has come down and stolen away my have a lot in the tank."

#### Crossword

#### 1 Elderly 5 Bookkeeper (Abbr.) 8 Smog 12 Kill 13 Scepter 14 Yale grads 15 Comment before an attempt 17 "Phooey!" 18 Longing 19 Deterioration 20 Spooky 21 Catch some rays 22 Lingerie item 23 Suspicious 26 Drank 30 Hint 31 Jewel 32 Ripped 33 Worked in retail. maybe 35 Drive off 36 Conger, e.g 37 Support-ing 38 Muscular

41 Caribbean, for one 42 Carte lead-in 45 — -European 46 Electronic musical instrument 48 Finished 49 Have a bug

6 Versifier

with "the"

9 Winged

7 Billboards

8 Heaven, perhaps,

10 Tubular pasta

20 Mound stat

21 So

22 Mooch

11 Being, to Brutus

16 CSA uniform colour

23 TV watchdog org.

24 Under the weather

25 Seek damages

26 Proof abbr.

- 50 "So be it"
  51 "Auld Lang —"
  52 Petrol
  53 Parks of civil rights
- 1 Wan 2 High school-based Fox show
- 3 Deserve 4 Prepare Easter eggs

- 12 14 15 16 17 18 19 20 22 23 24 26 28 29 31 30 32 33 34 35 36 37 38 39 41 42 45 46 47 48 49 50 52 5 Sing a la Bing 27 Dandy
  - 28 Before 29 East Coast st. 31 Toothpaste type 34 Crucial 35 Bellow 37 Senses 38 Resumes, for short
  - 39 A deadly sin 40 Paradise 41 Actor LaBeouf 42 Bullets and such 43 Tells a whopper 44 Actress Paquin

# O H I O E O N A R I I P E N N K I D V A R S M I T M D O E O W E A S E J U K E B O X P L U T O P A L D O M O O S S N O O T Y A N P S A L A L P O H O W A E A R A I N T O A R P A A I N T O A R P A

➤ Yesterday's answer

#### Sudoku

	9				6	1	3	
		7					2	9
				8		4		5
			4	3				1
	1						9	
7				2	9			
3		6		5				
2	5					3		
	8	4	6				1	

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yes	0.00	500	 2011	IOF	_

1	9	6	2	3	4	8	7	5
4	8	2	7	9	5	1	6	3
3	7	5	6	8	1	4	2	9
6	4	8	9	7	2	3	5	1
9	2	1	3	5	6	7	4	8
7	5	3	4	1	8	6	9	2
8	1	4	5	2	7	9	3	6
2	3	7	8	6	9	5	1	4
5	6	9	1	4	3	2	8	7

Today

15

### Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Vani, I would do absolutely anything for you my da..You are a blessing in my life. Happy Birthday!!! JESON

Happy 20th Birthday to the best daughter in the world! We are very proud of you Anisa. May all your hopes & dreams come true. Ameen\* LOVE MOM, DAD & ARMED

To my darling Vicky. You are my sexy lady. Can't wait to see you for your birthday! LOVE TOEY!

The day I met you, I knew we were meant to be. Ty, you mean the world to me. Happy 9 Month!!! I love you always:) LOVE, LORE

Lorena, you are the greatest thing that has ever happened to me. The past 2 years with you have been amazing and I look forward to many more by your side. I love you so very much. forever and ever sweetie. DRE B.

Thursday

26°/18

#### Today's horoscope

T Aries March 21-April 20 You cannot afford to make enemies today. If others get angry with you, for whatever reason, don't get angry back. Stay calm and refuse to make an issue of it.

▼ Taurus April 21-May 21 You seem to be expending a lot of energy and a lot of emotion on something that simply isn't that important. It's time to get over it, and also let others know that from here on in they are on their own.

II **Gemini** May 22-June 21 Cosmic activity in your chart means there is nothing you cannot do if you want it enough, but that is not an invitation to go out and do everything. It's about quality, not quantity.

★ Cancer June 22-July 22 Your family may mean everything to you but you don't have to put them first all the time. If you devote all your energy to domestic issues today you will soon become irritable.

46 Label

47 Corn spike

O

Ω Leo July 23-Aug. 23 You are always impatient with people who think and act slowly, the kind of people who can never seem to make a decision. But don't get so impatient today that you say or do something you might later regret.

IIP Virgo Aug. 24- Sept. 22 You may be desperate to break out of a rut but if you make your move now you could find yourself in an even worse position than before. Be patient. Better times are coming.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

M Scorpio Oct. 24-Nov. 22

Your main aim today must be to stand back and see what is going on in the world from a wider perspective, because only from a distance will you be able to tell what is fact and what is fiction.

Nov. 23-Dec. 21 Your confidence is high but be careful because the line between self-belief and reckless behaviour can be so easy to cross. Think twice today before doing anything that might provoke an extreme reaction.

#### **V** Capricorn Dec. 22-Jan. 20 Don't sit around waiting for

Don't sit around waiting for opportunities to come your way — get into the world and start making things happen.

~ Aquarius Jan. 21-Feb. 18
Planetary activity will give you the decisiveness you need to get things done, along with the ability to make others feel good by saying the all right things. A winning combination

H Pisces Feb. 19-March 20 By all means speak your mind today but speak it in such a way that you don't risk making enemies of people who disagree with your views. Life is too short to waste time on arguments neither side can win.

SALLY BROMPTON



Wednesday

WIN! Write it!

tion for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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## GET CAREER READY IN LESS THAN ONE YEAR!

#### **Paralegal**

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is accredited by The Law Society of Upper Canada.

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

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### o any Tribunal, Small Claims Court or t may arise. Medical Office Assistant

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Fitness & Health

Promotion

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#### **Pharmacy Technician**

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is accredited by CCAPP,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility. This 40 week diploma program includes an 8 week co-op placement.

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